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# 3 market lists for low-cost meals

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BUREAU OF HOME ECONOMICS

UNITED STATES DEPARTMENT OF AGRICULTURE

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#### HOW TO USE THESE L

- 1 On the blank lines at the bottom of the list, write down the name of each person who eats at your table. Put the name of one person on each line.
- 2 Find the line in the table that describes each person. (For example if Susan is 14 years old, the foods she needs are on the lin "Girls: 13-15 years.")

## Market list A for low-

				KINDS AI
FAMILY MEMBERS	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit
Children: 9-12 months 1-3 years 4-6 years 7-9 years 10-12 years Girls: 13-15 years 16-20 years Women: Moderately active Very active Sedentary Pregnant Nursing Boys: 13-15 years 16-20 years Men: Moderately active Very active Sedentary Pregnant Nursing Boys:	Qt. 51/2 51/2 51/2 5 5 6 6 6 6 6 6 6 6 41/2 41/2 41/2 71/2 101/2 6 41/2 41/2 41/2 41/2 7 41/2 101/2	Lb. oz. 1-0 1-8 2-8 3-0 3-8 4-0 3-8 4-0 5-0 4-0 3-0 5-0 5-8 7-0 5-8 4-0	0-2 0-4 0-6 0-8 0-8 0-12 0-4 0-6 0-4 0-12 0-12 1-0 0-8	Lb. oz. 1-8 1-8 1-8 1-8 1-8 1-8 1-8 1-8 2-0 3-8 1-8 1-8 1-8 1-8 1-8 1-8 1-8 1-8 1-8 1
Total				

 $<sup>^1</sup>$  Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (C and  $1\frac{1}{2}$  ounces of butter, or 17 ounces of evaporated milk are about equivalent to 1 quart of

## HOW TO USE THESE LISTS:

- 1 On the blank lines at the bottom of the list, write down the name of each person who eats at your table. Put the name of one person on each line.
- 2 Find the line in the table that describes each person. (For example, if Susan is 14 years old, the foods she needs are on the line "Girls: 13-15 years.")
- Now, beside each name you write down, fill in the quantities of foods which the table recommends for a person of that sex, age, and activity. (Susan, again, would need 6 quarts of milk on the low-cost plan A.)
- When all the quantities are filled in, add up each column.
- 5 There you have your family's marketing list for a week.

For a family planning to produce the whole amount of any one or more of various kinds of food needed throughout the year: Multiply the quantities that the family needs for a week by 52. Then add something extra (from one-fourth to one-half) for guests and for a margin of safety.

How much it will cost to follow any diet plan depends on four things—family size, the general level of food prices, the food choice made within various food groups, and the skill and thrift of the person who buys the food and prepares it.

For a family that must buy all of its food: To follow any one of the three low-cost diet plans would probably cost (at December 1941 food price levels)—

From \$5 to \$6 for a family of two.
From \$8 to \$10 for a family of four.
From \$14 to \$17 for a family of seven.

Families producing a considerable share of their food at home usually can have more liberal diets than these plans suggest.

## Market list A for low-cost meals

REMEMBER

I pound = 16 ounces • I pint = 16 ounces • 1 quart = 2 pints • 1 pint = 2 cups

## Market list B for low-cost meals

	KINDS AND QUANTITIES OF FOOD FOR A WEEK										
FAMILY MEMBERS	Milk <sup>1</sup>	Potaloes, sweetpolatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, or yellow vegetables <sup>2</sup>	Other vegetables and fruit <sup>3</sup>	Eggs	Meat, poultry, fish 4	Flonr, cereals <sup>5</sup>	Fats and oils 6	Sugars, sirups, preserves
Children: 9-12 months 1-3 years. 4-6 years. 7-9 years. 10-12 years. Girls: 13-15 years. 16-20 years. Women: Moderately active. Very active. Sedentary. Pregnant. Nursing. Boys: 13-15 years. 16-20 years. Men: Moderately active. Very active. Sedentary. Sedentary. Pregnant. Soys: Sedentary. Sedentary. Sedentary. Sedentary. Men: Moderately active. Sedentary.	Qt. 51/2 51/2 51/2 5 5 6 6 6 6 41/2 41/2 41/2 71/2 101/2 6 41/2 41/2 41/2 41/2 41/2	Lb. oz. 1-0 1-8 2-8 3-0 3-8 4-0 3-8 4-0 5-0 5-0 5-0 5-8 7-0 5-8 4-0 1-8 4-0	0- 2 0- 4 0- 6 0- 8 0- 8 0- 12 0- 4 0- 6 0- 4 0- 8 0- 12 1- 0 0- 8	Lb. oz. 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 2—0 3—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1	Lb. oz. 1-0 1-4 1-8 1-12 2-0 2-8 2-8 2-9 3-0 3-0 3-0 2-8 2-8 2-9 8		No. 5 5 5 5 4 5 5 5 4 3 4 6 6 4 4 3 3 3 3 3 3	Lb. oz.  0-4 0-6 0-12 1-8 1-12 1-12 1-8 2-0 1-8 1-12 1-8 1-12 1-8 1-12 1-8 1-12 1-8		Lb. oz 0-1 0-4 0-6 0-12 0-14  1-0 0-12  0-13 1-0 0-12 0-15  1-2 1-5 1-6 0-13	Lb. oz. 0-1 1 0-3 0-8 0-10 0-12 1-0 1-4 0-11 0-12 1-0 1-4 1-12 1-0 0
TOTAL.											

Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and 1½ ounces of butter, or 3½ ounces of dry skim milk and 1½ ounces of butter, or 17 ounces of evaporated milk are about equivalent to 1 quart of fluid whole milk.

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	KINDS AND QUANTITIES OF FOOD FOR A WEEK										
FAMILY MEMBERS	Milk <sup>1</sup>	Potatoes, sweetpotatocs	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, or yellow vegetables <sup>2</sup>	Other vegetables and fruit <sup>3</sup>	F.egn	Ment, poultry, fish	Flaur, cereals *	Fats and oils 6	Sugars, siraps, preserves
Children: 9-12 months 1-3 years 4-6 years 7-9 years 10-12 years Girls: 13-15 years 16-20 years Women: Moderately active Very active Sedentary Pregnant Nursing Boys: 13-15 years 16-20 years Men: Moderately active Very active Sedentary	5 5 5 5 5 5 5 5 4 <sup>1</sup> / <sub>2</sub> 4 <sup>1</sup> / <sub>2</sub> 7 9 5 6 4 <sup>1</sup> / <sub>2</sub> 4 <sup>1</sup> / <sub>2</sub> 4 <sup>1</sup> / <sub>2</sub>			Lb. oz. 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8							1
Total		<u> </u>									

<sup>3</sup> Such as apples, bananas, peaches, onions, corn, celery.

4 Exclude bacon and salt side.

<sup>5</sup> Count 1½ pounds of bread as I pound of flour. Use chiefly whole-grain or enriched products.

6 Include bacon and salt side.

New diet guides announced at the 1941 National Nutrition Conference for Defense show our needs for calories, protein, minerals, and vitamins. Meals providing them can be prepared from many different assortments of food. Plan A includes more potatoes, dairy products, and somewhat more meat than either plan B or plan C. Plan B includes more grain products and leafy, green, and yellow vegetables than plans A or C. Plan C includes more dry beans, fat, and eggs than plans A or B. Which of these three low-cost diet plans a family chooses to follow will depend on the kinds of foods preferred.

### Market list C for low-co

				KINDS AN
FAMILY MEMBERS	Milk 1	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit
Children: 9-12 months 1-3 years 4-6 years 7-9 years 10-12 years Girls: 13-15 years 16-20 years Women: Moderately active Very active Sedentary Pregnant Nursing Boys: 13-15 years 16-20 years Men: Moderately active Very active Sedentary Pregnant Nursing Boys: 13-15 years 16-20 years Men: Moderately active Very active Sedentary	Qt. 5 5 4 <sup>1</sup> / <sub>2</sub> 4 <sup>1</sup> / <sub>2</sub> 4 <sup>1</sup> / <sub>2</sub> 5 5 5 3 <sup>1</sup> / <sub>2</sub> 3 <sup>1</sup> / <sub>2</sub> 3 <sup>1</sup> / <sub>2</sub> 7 9 5 4 <sup>1</sup> / <sub>2</sub> 3 <sup>1</sup> / <sub>2</sub>	Lb. oz. 0— 8 0—12 0—12 1— 0 1— 2 1— 4 1— 4 1— 8 1— 4 1— 0 1— 8 1— 12 2— 4 1— 4 1— 4 1— 10	1 0	Lb. oz. 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 2—0 3—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1—8 1
1 On its agriculant in shares an		. 7		

 $<sup>^1</sup>$  Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and  $1\frac{1}{2}$  ounces of butter, or  $3\frac{1}{2}$  ounces of dry skim milk and  $1\frac{1}{2}$  ounces of butter, or 17 ounces of evaporated

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<sup>2</sup> Such as green cabbage, ka

<sup>3</sup> Such as apples, bananas, p

Exclude bacon and salt sid

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Whether a family will choose to follow a low-cost or a more expensive type of diet will depend upon income, how many persons the income must support. and the importance that the family attaches to food. Those who can afford to spend more for their meals than low-eost diets require probably will wish to follow moderate-cost or liberal diet plans. These provide more variety and flavor as well as somewhat higher nutritive value. Guides for such diets may be obtained by writing to the Bureau of Home Economics, United States Department of Agriculture, Washington, D. C.

# Market list C for low-cost meals

	KINDS AND QUANTITIES OF FOOD FOR A WEEK										
FAMILY MEMBERS	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, or yellow vegetables <sup>2</sup>	Other vegctables and fruit <sup>3</sup>	Eggs	Meat, poultry, fish <sup>4</sup>	Flour, cereals <sup>5</sup>	Fats and oils <sup>6</sup>	Sugars, sirups, preserves
Children: 9-12 months 1-3 years 4-6 years 7-9 years 10-12 years Girls: 13-15 years 16-20 years Women: Moderately active Very active Pregnant Nursing Boys: 13-15 years 16-20 years Men: Moderately active Very active Sedentary Sedentary Sedentary Sedentary Sedentary Sedentary Sedentary											
TOTAL											

Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and 1½ ounces of butter, or 3½ ounces of dry skim milk and 1½ ounces of butter, or 17 ounces of evaporated

milk are about equivalent to I quart of fluid whole milk.

<sup>&</sup>lt;sup>2</sup> Such as green cabbage, kale, snap beans, carrots.

<sup>&</sup>lt;sup>3</sup> Such as apples, bananas, peaches, onions, corn, celery. <sup>4</sup> Exclude bacon and salt side.

<sup>&</sup>lt;sup>5</sup> Count 1½ pounds of bread as I pound of flour. Use chiefly whole-grain or enriched products.

<sup>6</sup> Include bacon and salt side.

1	U.S. Bureau of home economics.									
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